

HEALTHY LUNCH BOX TO GROW, LEARN AND PLAY



Here are some ideas to help you
prepare and pack a healthy nutritious school lunch.

DAY	DRINK	FRUIT	SANDWICH	TODAY'S TIPS
MONDAY				Try different breads such as pitta, bagels, granary and muffins
TUESDAY				Milk is the best drink for healthy bones
WEDNESDAY				Try a salad box with rice or pasta for a change
THURSDAY				Avoid fizzy and sugary drinks, they are bad for your teeth
FRIDAY				Yoghurts are a tasty snack and good for you too!

Drinks: Think before you drink! Milk and water are best or sugar free squash (one part squash to four parts water)

Fillings: Salads (eg. cucumber, tomato, apple) and relish can be added to give flavour.

Remember:

Convenience snacks are high in salt and additives and should not be eaten on a regular basis.

Encourage your child to make their own lunch. They will be more inclined to eat it if they had a part in making it!



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive